

# **“Race, Ethnicity, and Social Determinants of Health in Diabetes Care & Management”**

Webinar Questions Answered by Kim Rose, RDN, CDCES, CNSC, LD

*Please note that these are brief answers to complex questions and are not meant as medical advice. Please seek medical advice from your personal healthcare professional for more complete information.*

- Do you have books or resources to recommend for reading on historical trauma for the population we serve?

**"Diabetes: A History of Race & Disease" by Arleen Tuchman is a great book.**

- Can you talk about subsidies and why it is that healthier foods are more expensive? Are there changes we can make at a legislative level?

**I am not a food economist, and the answer to this question is complex. The pandemic, the climate, government policies, and other factors behind the scenes influence the cost of food, which does not benefit the economically disadvantaged person. This is where nutrition and speaking with policymakers intersect. One option is to email your local legislator.**

- What about the patient who only eats out, how do you start them on the diabetic diet?

**Function from the law of addition. Instead of educating the patient to give up certain fried and sugary foods, find options from their preferred restaurant that they can include in their diet. For instance, consider recommending the patient start with a salad as an appetizer, switch from regular to diet soda, get baked instead of fried meats, and decrease the portion of sugary foods consumed.**